



April Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
4 Multi Bean Soup Curried Chicken Salad Sandwich on Rye Bread Lettuce & Tomato Pickled Beets Pineapple Tidbits	5 Beef Hot Dog Hot Dog Roll Midwestern Baked Beans Applesauce	6 Chicken Paprikash Buttered Noodles Cucumber/Sour Cream Salad Fruit Cocktail Wheat Bread	7 Chef's Choice 
11 Pork Calvados Sauerkraut Whole Wheat Roll Fruit Cocktail	12 Baked Potato Tossed Salad Chili con Carne Shredded Cheddar Applesauce Wheat Bread	13 Ham & Egg Salad Lettuce & Tomato Wheat Bread Baked Beans Mandarin Oranges	14 Breakfast for Lunch with Nurse Steve 
18 Split Pea Soup Tuna Salad Sandwich on Rye Bread Diced Pears	19 Cheddar Cheeseburger w/Sliced Cheddar on a Bun Baked Beans Cole Slaw Fruit Cocktail	20 Chicken Stew with Peas & Carrots Corn Muffin Cinnamon Apples	21 Fish and Chips Peas Tossed Salad Fruit
25 Sliced Ham Cheddar Cheese Sub Roll Potato Salad Cole Slaw Fruit Cocktail	26 Health Fair at the Department of Aging Box Lunch at the Health Fair	27 Meatball Stroganoff Buttered Noodles Dinner Roll Cucumber/Sour Cream Salad Apricot Halves	28 Center is Closed The Department of Aging Offices and Senior Centers are closed

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.